

A high-angle, perspective shot of a cruise ship's deck. The ship's white railing and blue-tinted glass railings run along the left side, leading the eye towards the horizon. The ocean is a deep, vibrant blue, with a white wake churning behind the ship. In the distance, a red and white funnel is visible against the clear sky. The overall mood is serene and luxurious.

# Blissful Cruise Starter Kit

Blissful Leisure Books

Blissful Leisure Guide  
to living your BEST life!

# Everything You Need Before You Set Sail

## Your Next Chapter Starts Here

There is something magical about cruising...

Unpacking once.

Waking up to the ocean.

Letting go of schedules, stress, and responsibilities.

Whether you're traveling with your partner, friends, or family—this is your time.

A time to reconnect

A time to explore

A time to truly relax

This Blissful Cruise Starter Kit is designed especially for you—to help you feel confident, prepared, and excited before you even step onboard.

Let this be the beginning of your most effortless vacation yet.

# THE BLISSFUL PACKING CHECKLIST

Packing for a cruise is different than any other vacation—because you're preparing for multiple experiences in one trip.

## Must-Haves

- Passport or REAL ID
- Boarding documents (printed + digital)
- Travel insurance info
- Credit card + small cash

## Daytime Essentials

- Swimsuits (2-3 recommended)
- Cover-ups / light layers
- Comfortable walking shoes
- Flip flops or sandals
- Hat + sunglasses

## Evening & Dining

- Casual dinner outfits
- 1-2 elevated evening outfits
- Light sweater or wrap (ships can be cool!)

## Cruise Comfort Items

- Reef-safe sunscreen
- Medications + motion sickness remedies
- Refillable water bottle
- Portable charger
- Small crossbody bag

## Cruise “Insider” Essentials

- Magnetic hooks (game changer for cabins!)
- Lanyard for key card
- Packing cubes (maximize space!)
- Wrinkle-release spray

*Bliss Tip:* Lay out outfits by day to avoid overpacking and decision fatigue onboard.

## 5 COMMON CRUISE MISTAKES TO AVOID

Even seasoned travelers make these—avoid them and elevate your experience instantly:

### 1. Overpacking

You'll wear less than you think—and cabins are cozy.

### 2. Flying in the Same Day

Travel delays happen. Arrive at least one day early for peace of mind.

### 3. Skipping Travel Insurance

Unexpected things happen—protect your investment.

### 4. Overbooking Excursions

Leave space for spontaneity and relaxation.

### 5. Forgetting to Relax

You don't have to do everything.

This is your time to slow down.

*Bliss Reminder:* The best cruise moments are often the unplanned ones.

## BLISSFUL CRUISE TIPS (EMPTY NESTER EDITION)

This is where cruising truly shines for this season of life.

### Choose Your Experience

- Balcony cabins = private serenity
- Adults-only areas = quiet luxury
- Specialty dining = elevated evenings

### Create Daily Rituals

- Morning coffee on your balcony
- Sunset walks on deck
- Late-night live music or shows

### Travel Your Way

- Do as much—or as little—as you want
- Say yes to what excites you
- Skip what doesn't

### Multi-Gen Travel Tip

Cruising with adult children or grandkids?

- ✓ Plan a few shared meals
- ✓ Book nearby cabins
- ✓ Let everyone have independence

✨ *The magic:*

Together when you want it...

Freedom when you need it.

# YOUR SIMPLE CRUISE PLANNING ROADMAP

Feeling overwhelmed? Start here:

Choose your cruise line (vibe matters!) Pick your itinerary (relaxation vs adventure) Select your cabin Book early for best pricing Plan travel + hotel (arrive early!) Add excursions (but not too many!)

*Bliss Tip:* The earlier you book, the more choices—and perks—you'll have.

## YOUR BLISSFUL CRUISE INTENTIONS

Before your trip, take a moment to reflect:

What do I want to feel on this cruise?

What do I want more of in this season of life?

How can I slow down and fully enjoy this experience?

Write it down. Bring it with you. Let it guide your days.

## Ready to Plan Your Perfect Cruise?

This is just the beginning...

- 👉 Download the full The Ultimate Cruise Guide for Empty Nesters
- 👉 Get destination inspiration, cruise line comparisons, and insider tips
- 👉 Plus exclusive travel recommendations and cruise must-haves

Join the Blissful Leisure community and start traveling smarter, softer, and more joyfully.

# Blissful Cruise Starter Kit

Embark on your dream cruise with the Blissful Cruise Starter Kit, your essential guide to stress-free sailing. Packed with expert tips, must-have packing lists, and insights to avoid common pitfalls, this kit ensures you're prepared for every adventure at sea. Discover how to create unforgettable moments while embracing the freedom to relax and explore at your own pace.